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Feta-Stuffed Turkey Burgers ♦♦

These juicy turkey burgers are stuffed with feta cheese and packed with flavor. They are perfect for a backyard barbecue or a quick weeknight dinner. The feta cheese adds a tangy and creamy element to the turkey, making each bite incredibly delicious.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Ground Turkey
100 g	feta cheese
1 tsp	garlic powder
1 tsp	dried oregano
1 tsp	salt

0.5 tsp	black pepper
4 pieces	Hamburger Buns
100 g	lettuce
100 g	Tomato
50 g	red onion

Directions

Step 1

Mixing

In a mixing bowl, combine the ground turkey, garlic powder, dried oregano, salt, and black pepper. Mix well.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Divide the turkey mixture into 8 equal portions. Take one portion and flatten it into a patty.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Cutting

Place a small amount of feta cheese in the center of the patty. Top with another portion of turkey mixture and seal the edges, forming a stuffed patty.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Cutting

Repeat steps 2 and 3 to make a total of 4 stuffed patties.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Grilling

Preheat the grill to medium-high heat. Grill the stuffed turkey burgers for 6-8 minutes per side, or until the internal temperature reaches 165°F.

Prep Time: 0 mins

Cook Time: 15 mins

Step 6

Grilling

Toast the hamburger buns on the grill for a few minutes, until lightly golden.

Prep Time: 0 mins

Cook Time: 3 mins

Step 7

Plating

Assemble the burgers by placing a stuffed turkey patty on each bun. Top with lettuce, tomato, and red onion.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the feta-stuffed turkey burgers immediately and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 11 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	2 g	5.26%	8%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	3 g	13.64%	17.65%
Fat	11 g	39.29%	44%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	8 iu	0.89%	1.14%
Vitamin C	10 mg	11.11%	13.33%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Kitchen Tools

Microwave

Slow Cooker

Course

Appetizers

Main Dishes

Breads

Salads

Sauces & Dressings

Cultural

Chinese New Year

Hanukkah

Oktoberfest

Easter

Demographics

Kids Friendly

Teen Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Paleo Diet

Vegetarian Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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